

Parent Provider Connections - August 2021

FARMYARD TAG

Have children make a circle and give each one a farm animal tag. The leader in the middle will call out an animal name and all the children with that animal will run to find a new spot trying not to get tagged by the leader. Whoever gets tagged becomes the leader.

CLOTHESPIN COWS

Help children cut out the cow from the template at cacfp.org and have them decorate it with craft materials. Attach two clothespins for the legs so the cow can stand on its own.

VEGGIE DIP

1 ¼ cup Greek yogurt
2 tsp dried dill
1 tbsp lemon juice
½ tsp Dijon mustard
½ tsp garlic powder
Combine all ingredients and serve with raw veggies.

#CACFPCREDITABLE

FOOD PREP

Vegetables that are higher in Vitamin C and B are better when consumed raw because the cooking process leaches those vitamins out. However, tomatoes actually contain more lycopene and antioxidants after they are cooked. Get a vegetable food prep flyer at www.cacfp.org.



cacfp.org

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday